

SKIN PICKING SELF CARE ON St PATTY'S DAY

Rock cute **green** leggings or **knee highs** to be festive while minimizing picking triggers

Wear **St. Patty's beads** as bracelets to heighten awareness when your fingers are scanning your skin

Adorn your skin in St. Pat's **stickers & gems** to challenge perceptions of "clear skin"

Jot down a list of what you **feel lucky for in your life** to practice self-gratitude

Keep your fingers busy by **painting your nails green** or applying St. Pat's press-ons

Connect with friends or family to **celebrate together** & enjoy the holiday!